

(The Monroe Institute Bulletin, Fall 1988)

QUARTERLY H-PLUS QUARTERLY H-PLUS® TAPE

Strong-Quick

Due to the many positive responses from the mailing of the last three quarterly Membership tapes (the *H-PLUS* (for *HUMAN-PLUS*) tapes *Reset*, *Attention*, and *Release*), the Institute is again distributing an *H-PLUS* tape to our Membership this quarter. This quarter's *H-PLUS* tape is *STRONG-QUICK*.

H-PLUS is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the *GATEWAY* programs, *H-PLUS* addresses the issues of here and now—it confronts the challenges of being human. Each tape provides an opportunity to master one aspect of life.

This quarter's tape for our Membership is another sample of the *H-PLUS* program. Side one contains the *H-PLUS* PREP, a unique combination of Hemi-Sync® signals which establishes an "access channel" through which the Function exercise may be inserted into your Total Self. To be effective, it is important that you use the PREP before the Function exercise. Eventually, your access channel will automatically open with any new *H-PLUS* Function exercise, and use of the PREP tape will become unnecessary.

Side two contains a Function exercise called *STRONG-QUICK*. *STRONG-QUICK* allows you to access greater strength and physical coordination than is normally at your disposal. Typical uses include: for instant, momentary muscular energy far exceeding typical capability in emergency situations, for use in situations involving a physical threat, for a boost during athletic competition, and even for mundane tasks requiring an extra "burst" of energy (such as opening that jar of pickles).

Each Function exercise introduces its own "Function Command" which, when used in the course of daily activities, will activate the Function. The Function Command for *STRONG-QUICK* is "Plus - Strong, Quick." After you begin working with this tape, any time you wish to activate the *STRONG-QUICK* Function, take a deep breath, say to yourself, "Plus - Strong-Quick," and exhale as if you are blowing out a candle.

The *RELEASE* function command (last quarter's Membership tape) should be used to allow *STRONG-QUICK* to fade into the background when the need for it has passed.

The effects of *H-PLUS* are cumulative. The more you use the Function, the more proficient you become, and the more *HUMAN-PLUS* you will be. Practice is fundamental to your mastery of any *H-PLUS* Function because intermittent and non-committal use will dilute its potential.

When listening to this tape be sure to use stereo headphones in a comfortable environment free from interruptions. This sample tape is provided for your own, personal use. Once the Function is firmly in place we recommend you pass the tape and instructions along to someone who desires and needs it.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 1988 The Monroe Institute